Breaking the Stereotype: Boys Do Cry – The Power of Emotional Expression.

thelifeofmine3.wordpress.com/2023/11/04/breaking-the-stereotype-boys-do-cry-the-power-of-emotional-expression/

November 4, 2023

Contrary to the common belief that boys shouldn't cry, I firmly believe that boys do cry. I have witnessed the males in my family shedding tears, which has had a significant impact on my perspective. I vividly remember my father's tears when our Epshipha, passed away. It was a moment that made me reconsider ending my life, as I never wanted to see that look on my father's face again.

After my grandpa (my father's father) passed away, my father rarely shed tears, but a few days later, he cried when he saw a picture of his father. It was a poignant moment for me.

Another unforgettable incident was when I developed bed sores due to a severe health issue. The doctor recommended two operations, which also affected my bone marrow. My father left my side at home, went to the terrace, and cried alongside my mother, deeply worried about my condition. My mother shared this with me later, and I'm grateful that my situation wasn't as severe as initially thought. My younger brother, when he was a child, used to cry when scolded or punished.

However, as he grew older, my father repeatedly scolded him not to cry, emphasizing that he should act tough as a boy. He adopted the practice of holding water in his mouth to prevent tears from falling, and it worked. I haven't seen him cry due to physical or mental pain since then, and he has become remarkably resilient, even if he struggles to express his emotions through tears.

In another instance, my cousin Prabu, upon receiving concerning news about his wife's second pregnancy, showed genuine concern and shed tears. He was deeply moved and cried as he thought about the well-being of the baby. These instances reveal the powerful

and emotional bond that fathers often share with their daughters, emphasizing that boys do cry and should not be confined by stereotypes.

Tears of Connection: The Unique Bond with Pradee.

The story of tears in our relationship began with Pradee, and it was a significant turning point. The first time I saw him cry was when he shared about aunty, and it was a poignant moment. Later, I learned that he had cried for me as well, particularly when he discovered the fake story I had told him during our school days about having cancer. I felt compelled to apologize for that.

Over time, I witnessed Pradee cry on several occasions, and I must admit that our relationship was marked by moments when we shed tears for each other. He was the only person who openly expressed his emotions with me, and I had never seen other guys cry emotionally or for me. I was certain that after my father, Pradee would be the one to shed tears for me.

It’s not easy to show tears, and I recognized that Pradee is emotional and may have cried with other people. However, seeing someone cry for me was a first, and it left me wondering how he could be so emotionally invested. Could it be that he values me to that extent or needs me this much? It was a remarkable revelation.

This experience transformed my perspective on showing emotions and tears. As a girl, I had been determined not to display my tears because I believed it would be a sign of weakness. Yet, deep down, I longed for someone with whom I could share my tears without judgment. In contrast, Pradee encouraged me to express my emotions and, in turn, openly showed his own tears. Now, I can cry, and I can share my tears, knowing that it’s a beautiful feeling, but it’s not something I would do with just anyone. It underscores the significance of having someone who can tap into our emotions and allow us to release our tears without judgment.

Breaking Stereotypes: Boys Cry Too – The Power of Tears.

In a world that often says they shouldn’t,
Boys too shed tears, you know they wouldn’t,
Hide their feelings, emotions so deep,
In their tears, their secrets they keep.

In silent moments, their hearts may sigh,
For boys do cry, oh yes, they cry,
From joy or sorrow, love or fear,
They’re human too, let’s make it clear.

Their tears, like rain, cleanse their soul,
Making them stronger, making them whole,
So let’s not say boys must be tough,
For in their tears, we see their love.